

Rooted and Rising

Klarich Center Magazine

December 2025

IN THIS MONTH'S ISSUE:



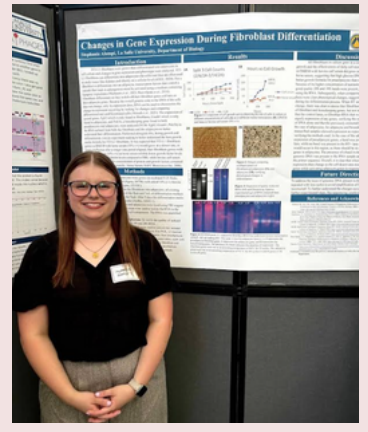
FASHION



AEROPONICS



PODCASTING



WOMEN IN STEM

LITTLE FLOWER CATHOLIC HIGH SCHOOL

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Merry Christmas, Little Flower!



Happy Holidays to you, Little Flower! May this season bring you joy, peace, rest, and the magic of Christmas. Thank you for making our school such a bright and caring place all year long.



Women in STEM

Stephanie Alampi '21

Stephanie Alampi '21 is a Little Flower alum and recent honors college graduate of La Salle University (May 2025) where she received a Bachelors of Science in Biology and Psychology. She graduated Maxima Cum Laude, and was president of Biology Club and LaSalle's Chapters of Psi Chi and Reflect alongside working as a Writing Tutor and Laboratory Coordinator. She was also heavily involved in undergraduate research in a neuroscience lab for over 3 years.

"I was so interested in everything we learned, and found out that I really enjoyed learning biology at a deeper level later," she said about her biology class at LF with Sister Fran. Stephanie enjoyed science so much, she decided to join SeaPerch to gain her first experience with engineering. She said she found that even though science classes were challenging, they were extremely interesting, and she always wanted to learn more. When the pandemic began during her junior year, she learned about biomedical research for the first time as she heard about the development of the COVID vaccine.

As a lab coordinator at La Salle, she helped teach other undergraduates, plan and design experiments, and played a large role in running a lab with her professor. By her junior year of college, she knew she wanted to pursue a career doing bench research, so she applied for a summer internship at Rutgers University. There, she spent 10 weeks working full time in a behavioral neuroscience lab, looking at how feeding is controlled in mice. Even though she did not enjoy behavioral neuroscience work, this experience showed her that she loved doing science and working in the lab full-time. From there, she applied to graduate school, and Steph is now a PhD student at Thomas Jefferson University.

-Rose Asimos '27

SEAMSTRESS/FASHION DESIGN PROGRAM



Cameriah and London showing off their crocheted coin pouches!



Grace Rieser '19 came back to teach the students how to crochet. Emily had a lot of fun learning!



McKenzie showed Jada some technique for the chain stitch!



This month, the students in the Klarich Center helped make no-sew blankets to be donated to a local nursing home. The blankets were a lot of fun to make, and the project really helped to get the students in the giving spirit of Christmas.

AEROPONICS

Ms. Dauerbach and the AP Chemistry students have been hard at work tending to the salsa garden. After replanting their seeds last month, they've watched the vegetables flourish, filling the classroom with fresh scent and the promise of fresh salsa in the new year.



jalapeno pepper



Anaheim pepper



onion

Tower Gardens, aeroponic systems designed to grow herbs, vegetables, and baby greens indoors, arrived at Little Flower High earlier in the year. Since then, this STEM initiative has been blooming with activity every month!

Petals and Perspectives Podcast



Petals and Perspectives is back for another episode featuring the voices of our school community. This month Cydney and Arianna talked about the importance of tradition, and they did some interviews with some students and teachers about their holiday go-tos!

We also welcomed Rachel Booth onto the show this month. Rachel shared about how she climbed so high in her career so quickly, keeping God in the center of her life, and what her favorite Christmas movies are!



Listen to the full conversation [here](#)!

Petals and Perspectives is a podcast hosted by students from Little Flower Catholic High School. The podcast's overall theme is *Ladies in Leadersip*, so we aim to promote community and leadership in every corner of Little Flower.